Post Roe v. Wade Privacy & Security

10/16/2022 with Future Ada

root@futureada:~$ whoarewe

- Spokane, WA 501(c)(3)

- Mission: To live in a world where all people feel they not only can belong in STEAM but thrive in it

- Offer digital privacy and security assistance, workshops

FutureAda.org

emilie@futureada:~$ whoami

- Future Ada Security Ambassador

- Security Researcher/Ethical Hacker

- What would you like to see us cover next? emilie@futureada.org

Notable Events

Notable Events

- **May 2nd**: Leaked Roe v. Wade draft

- Concerns over reproductive health apps

- **June 24th**: Supreme Court overturns Roe v. Wade

- **August 8th**: News reports on Facebook handing over data used to prosecute abortion in Nebraska

- **September 28th**: CA passes AB-1242 Bauer-Kahan

Operations Security

Define: Operations Security (OPSEC)

- Serves to **identify** what's sensitive information, **assess** risk should it be leaked and **protect** it

- Helps to "put on your evil thinking cap"

- Should be applied as consistently as possible

- Be wary of how mood, stress, fatigue, habits, medication, etc. can affect OPSEC

Applying OPSEC

- Don't reuse passwords to prevent someone from accessing your laptop and accounts

- Don't type your PIN in front of others

- Don't use social media or unencrypted apps for sensitive communications

- Don't input the address of an abortion provider in Google maps from an account that's tied to you

Applying OPSEC

- Delete traces of sensitive information when not needed and regularly

- Continue to behave/act normally

- …

- **What might applying OPSEC look like for you?**

Reproductive Health Apps

Reproductive Health Apps

- Which apps are better at keeping my data private?

    - Euki (free)

    - Mozilla Privacy Not Included Project: https://foundation.mozilla.org/en/privacynotincluded/categories/reproductive-health/

Reproductive Health

⚠ *privacy not included

Period & Ovulation Trackers   Pregnancy Trackers   Reproductive Health: Wearables

Women Help Women International Foundation
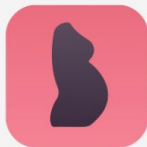**Euki**

NaturalCycles
Natural Cycles - Birth Control
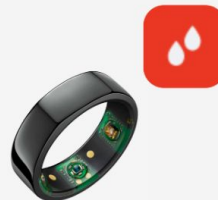
Garmin
Garmin

BioWink
Clue Period & Cycle Tracker

Preglife AB
Preglife Pregnancy App

Apple
Apple Watch

Oura
Oura Ring

Whoop
Whoop Strap 4

Seeking Help Securely

Ensure Your Device is Secure

- Keep it **up-to-date**

- Change its password to something unique only you know

- Consider **removing biometric** authentication (Face ID, fingerprint unlock)

- Keep **apps at a minimum**

Ensure Your Device is Secure

- Make sure full **encryption is configured** (follow manufacturer's guidelines)

- If you fear someone may have accessed it, perform a **factory reset**

- Make sure your main account **passwords are unique, long and can't be guessed** (Apple ID, Google, Microsoft, etc.)

- This can be done with a **password manager** such as 1Password, LastPass, Bitwarden, etc. ($)

Searching Online

- Without a VPN or similar, **websites you access can be viewed** by school, work, parents, your Internet Service Provider, etc.

- Consider using a reputable VPN with a privacy-focused browser or TOR
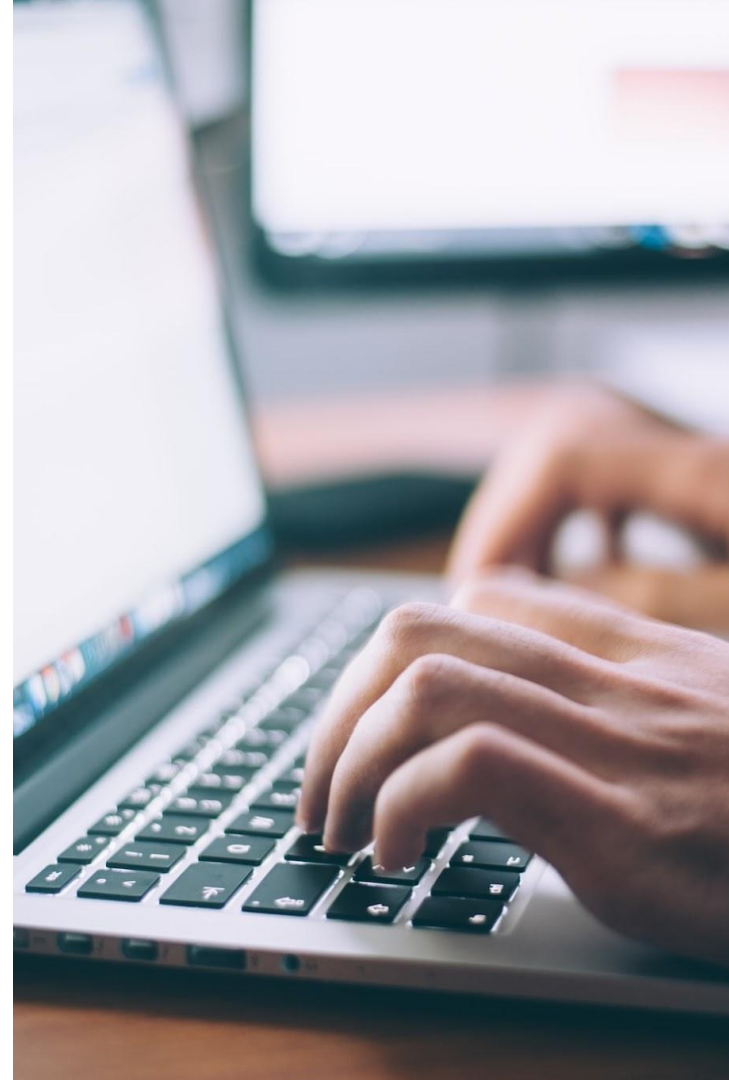
Option 1: VPN and Browser

- ProtonVPN has a basic free plan. Available on iOS*, Android and all computer Operating Systems.

  - *Note: Some websites may block traffic coming from free VPN providers*

  - https://protonvpn.com/free-vpn/

Option 1: VPN and Browser

- Firefox Focus app on iOS/Android
- Firefox on computers:
  - Private web browser window
  - [uBlock Origin](), [Privacy Badger]() add-ons
  - Search with [DuckDuckGo.com](), or browse through our resources (last slides)

Option 2: TOR Browser

- [Tor Browser](#) on Android and for all OSs
- Onion Browser on iOS*
- DuckDuckGo configured as default search engine
- *Note: Connection (especially initially) can be very slow and requires some patience*

about:preferences#privacy

🔍 Find in Settings

○ **Safest**

Only allows website features required for static sites and basic services. These changes affect images, media, and scripts.

- JavaScript is disabled by default on all sites.
- Some fonts, icons, math symbols, and images are disabled.
- Audio and video (HTML5 media), and WebGL are click-to-play.

Deceptive Content and Dangerous Software Protection

☑ Block dangerous and deceptive content   Learn more

☑ Block dangerous downloads

☑ Warn you about unwanted and uncommon software

Calling and Texting

Burner Numbers

- **iOS**: MySudo. 1$/month, 10$/year for 1 number. Talk, text, and more.

- **Android/iOS**: Hushed. Starts at 1.99$. 4$/month for unlimited talk and text.

- Although free, we do not recommend Google Voice.

- Unassign numbers and delete communications and apps when no longer needed.

Signal

- For communications with verified and trusted folks

- Use a unique PIN that's hard to guess

- Under *Privacy > Disappearing Messages*. Set messages to automatically disappear. Ex: 30 seconds to 1 hour or customize as needed.

Email

ProtonMail/Proton Ecosystem

- From a trusted device and browser, sign-up for a new account.

- Also allows access to Proton VPN, calendar and drive

- **Do not use** same Proton account for provider communications **and** personal use. Create another if needed.

Moving Securely

Moving Securely

- Use of a burner phone
  - Make sure nothing ties it back to your personal digital life (i.e. don't login to Google, or create a new separate Google services account)
- Disabling location services on iOS and Android
- Faraday bags
  - Keep your phone in a Faraday bag or leave it behind before leaving for any health center
  - Silent Pocket is a reputable choice, but pricey

Closing Notes

Thank You!

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Resources

Data Truth. A Post Roe v. Wade World: What Now? Many statistics on reproductive rights and abortion.
https://datatruth.medium.com/a-post-roe-v-wade-world-what-now-b760d8fe0a43

Women Help Women. Abortion, contraceptives access and more.
https://womenhelp.org/

EFF. Security and Privacy Tips for People Seeking an Abortion.
https://www.eff.org/deeplinks/2022/06/security-and-privacy-tips-people-seeking-abortion

Privacy Guides. Forum with updated privacy guides for devices and more.
https://www.reddit.com/r/PrivacyGuides/

Resources

Intel Techniques. Data removal, digital security and communications guide.
https://inteltechniques.com/links.html